

# HEART WHEEL

## *Journal*



Children's version  
Best suited to age 8-14



# Message For Parents

Assalam alaekum wa rahamatullahi wa barakatahu,

I pray to Allah that your children benefit immensely from this journal, may their hearts grow stronger in emaan through this.

To keep the kids going, I have also prepared a video series to go along with this journal. For the accompanying short videos for kids, and other reminders during Ramadan, please make sure you sign up at the link below

[www.emaanpower.com/heartwheel](http://www.emaanpower.com/heartwheel)

This journal will InshaAllah help the children keep plan, keep track and reflect on their actions this Ramadan. The reminders in the the journal have covered 4 areas in Self, Family, Community and the Ummah, going from Week 1 - 4.

**Here are some optional tips:**

- \* At the back of the journal, you will find task cards. You could cut these out and put them in a jar. Kids can pick daily activities from the jar.
- \* I have not included any prize, stars, point system, so that kids focus solely on doing this for Allah. However you can add these if you prefer. Assign points for each activity they do or for completing the heart.
- \* For Khushu tips visit [www.emaanpower.com/khushu.pdf](http://www.emaanpower.com/khushu.pdf)
- \* Depending on their age and knowledge, children will need help in understanding and doing this journal. 8/9 year olds are not expected to understand it on their own.
- \* Further discuss the reminders and stories with the children in family time. The videos will also help expand understanding on the reminders InshaAllah. Especially with younger children, please consider these as pointers to help you have a conversation with them rather than a do it on your own exercise.

The journal works on a short term goal system rather than setting goals for the entire month. This is so we don't give up in the middle and keep reviving ourselves InshaAllah. You will find a heart snapshot check every few days.

I have prepared this journal based on Shaykh Muhammad Alshareef's Heart Wheel Journal. May Allah(swt) bless him for giving us the permission to use his journal. Please note much of the content has been changed or language modified from the original to be more appropriate for the kids. So only blame me for any mistakes :). **I highly recommend getting the Heart Wheel Journal for yourself, and doing it along with your children.**

Also special thanks to Nadia Radzman for her contributions to the concept and content. Have a blessed Ramadan, May Allah(swt) assist you in making this Ramadan a memorable and beneficial one for your children.

If you benefit from it, then please make dua for me and my family too :)

~ Ariba Farheen

# Message for children

Assalam alaekum!

It's time to power up your heart!

This journal will Insha'Allah help you give you heart a good workout this Ramadan and make it strong for the rest of the year InshaAllah!

Try to give it your best, remember you don't have to be perfect! If you miss a day, try to catch on or skip and move on. Don't let shaitan stop you and give up in the middle.

Fill in the Daily Heart Workout page, Salah Tracker and daily plan every day InshaAllah.

When things get hard, remember to make dua to Allah(swt).

Join us at [www.emaanpower.com/heart](http://www.emaanpower.com/heart) to share your heart workout and your experience this Ramadan.

Lastly have fun! And remember to make dua for me

~ Ariba



# My Ultimate VISION

Here brainstorm all the wonderful feelings, achievements, and joy you will have, in sha Allah, with a heart that has come closer and closer to Allah



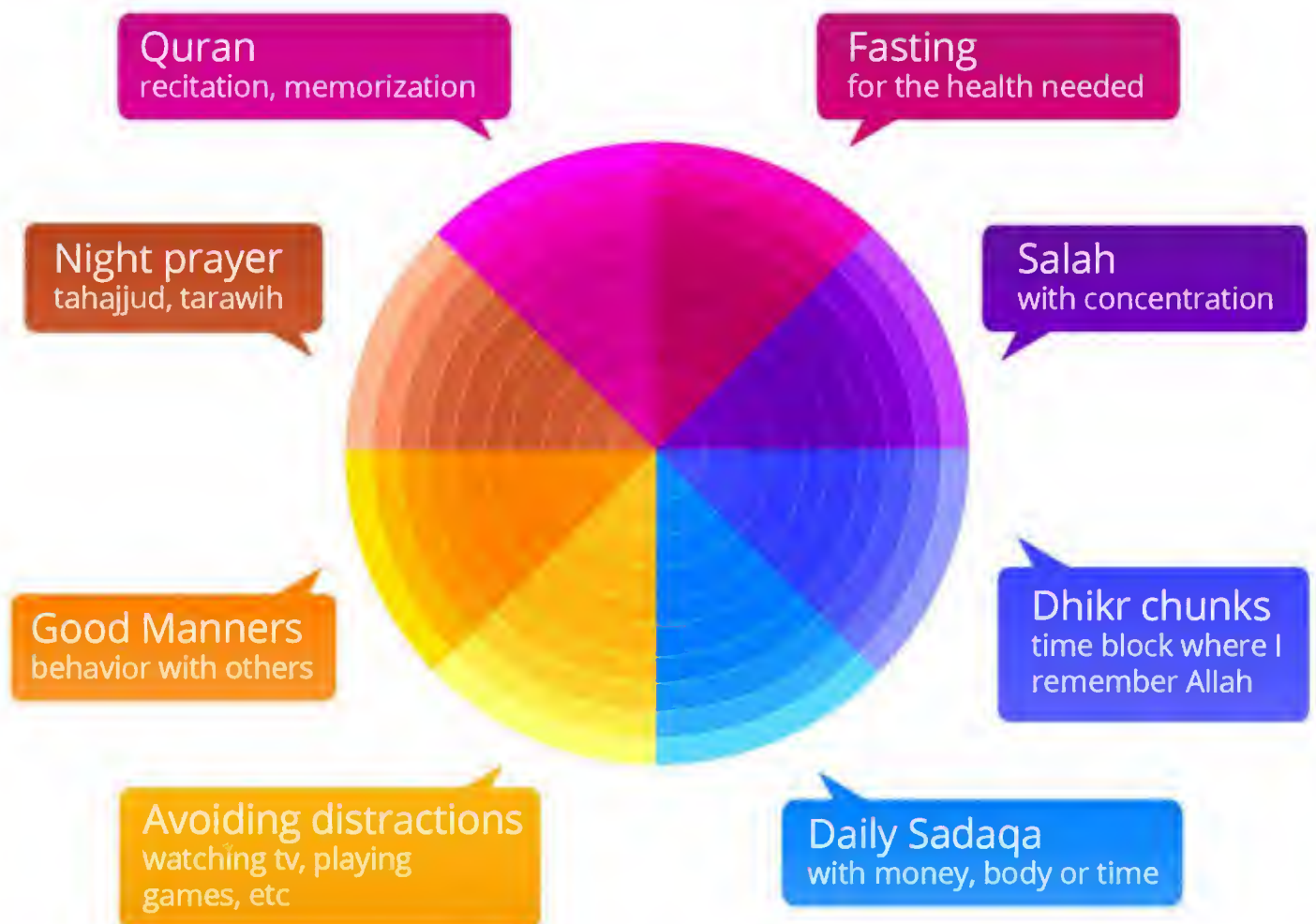
# My Ultimate Purpose

Why I MUST absolutely achieve  
this heart

Here brainstorm all the reasons why I MUST, in sha Allah, come closer  
and closer to Allah, why is it a MUST and not an option.

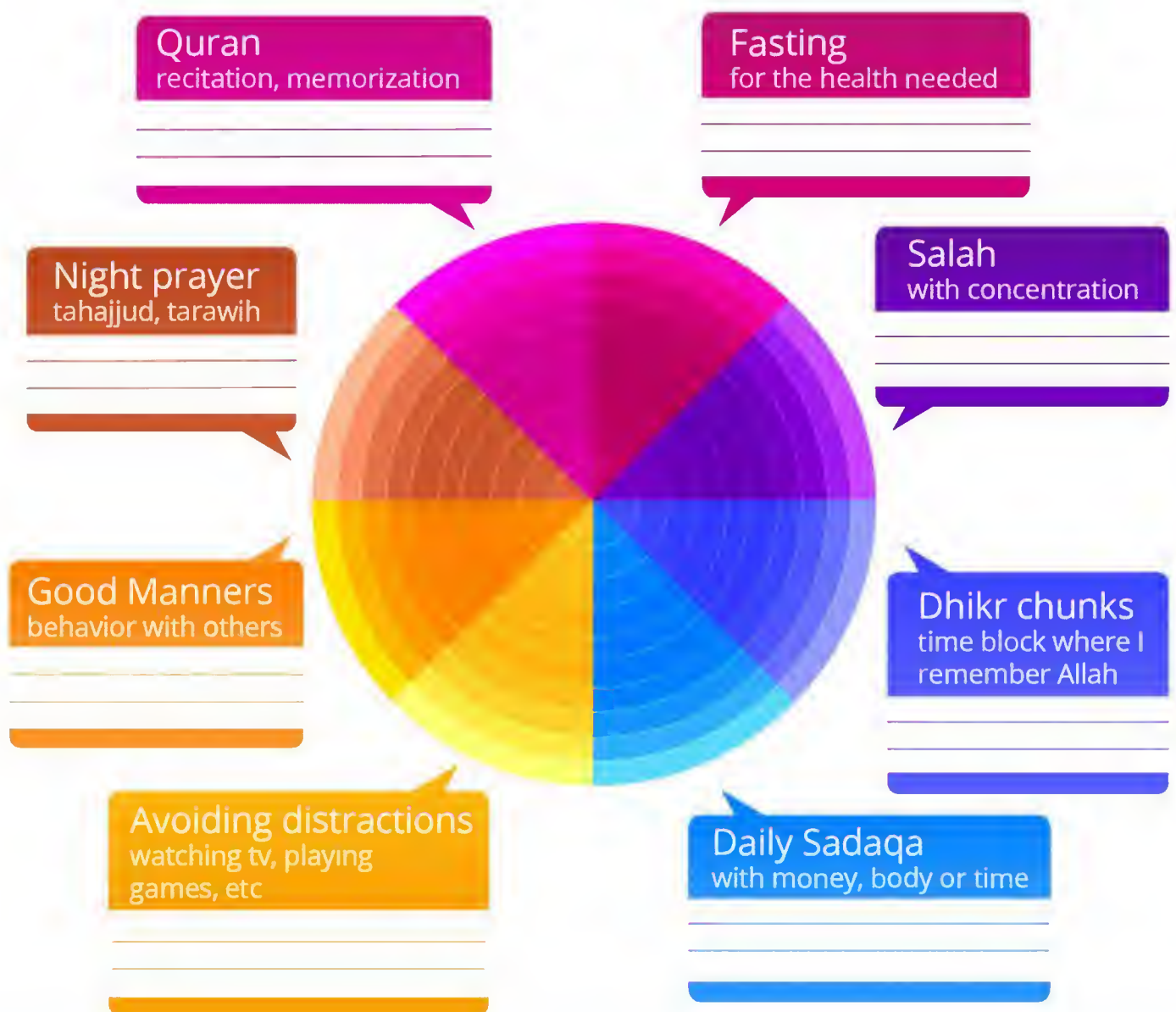
# Heart Wheel

Snapshot Before



**i Instructions** On a scale of 1 to 10, where would you consider yourself in each of the eight slices? 1 being: needing a lot of improvement; 10 being: absolutely outstanding. Then, shade in the appropriate number of cells. If you complete it correctly, you should see how rich your heart is. You'll learn where your heart is strong right now, and what it will take to grow your heart to be closer to Allah. Be honest with yourself. This is like the first attempt at a run, so don't worry if the numbers are low. You will get better in time. The main thing right now, is to know where are you starting at.

# What will it take to score a 10?



## Instructions:

- In order to SEE where I am going, I need to know what it would take for me to score a 10 on each of the Heart Wheel slices.
- Pick three things for each heart slice (or more if you wish) that, if you were to accomplish these three items, you would score a 10 out of 10!
- Remember, do not choose things that are impossible to achieve. For example, if you said, "I must know Allah accepted this Salah from me," there is no way you are going to know that until you die.
- Instead, choose something like, "If I pray 5 times a day in the Masjid, going early enough to pray my Sunnah," then, yes, that is something that is achievable.
- Then, throughout this journal, work with focus on achieving the 10 out of 10 based on these goals.



Why are you doing this journal thingy for 30 days? Is it really for Allah? We need to ask this question before we begin anything. If its not for Allah, then it's only a waste of time. If it's not for Allah, then it might take you away from Allah! So you need to make sure you know in our heart, that you are only doing it for Allah, not for mom or dad, not to tell anyone that you are doing this, not for any reward but only for Allah. This is between your heart and Allah(swt) All that matters is Allah. You are doing this to please Allah(swt).

Reflection Time

Think about how you can change intention for following actions to make them for the sake of Allah

Action	Intention	How would you do it right?
Sleeping		
Playing games		
Eating		
Going to school		



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



Follow those who were truly successful

**The tribe of Quraish Before**

Trillions of people have lived and died on this earth for thousands of years. Then came one man, he was just a shepherd, a business man, who couldn't read and write. His father wasn't there, nor was his mother. He was an orphan. He could also have been easily forgotten, none of this would have happened. If it wasn't for one special night in the cave of Hira

**After: Rasool Allah, sal Allahu alayhi wa sallam**

He was the greatest creation of Allah to walk this planet. The best man. He spent his life inviting other people to Allah(swt). His name continues to be mentioned in the heavens and earth by the angels and humans. No other messenger of Allah will have more followers than him. All this because of his focus on his mission to come closer to Allah and bring others closer to Allah(swt) Now its your turn to put focus on your mission!





# Do at night before the day starts

3 things that I'm going to do tomorrow, in sha Allah, to come closer to Allah	
Plan for Tomorrow	Actual (Complete next day)
1.	
2.	
3.	
4.	

Sadaqah Increases goodness! List 2 you are going to do today to support someone else heart	
Plan to support	Actual (Complete next day)
1.	
2.	

# Do this next day

Focusing on what I did right. Here, list 2 things you did right today.	
What I did right	
1.	
2.	

Tawbah, quick and often. What is one thing that you are going to improve even more for tomorrow, in sha Allah.	
What I am, in sha Allah, going to do even better tomorrow...	
1.	
2.	

## What did I learn new today?


**BONUS****DHUHA****Plan Actual**

How may rakas will you donate to your heart?

What time?

**Fajr****Plan Actual**

What time will you get ready for this salah?

Amount of sunnah before

Extra something to increase concentration

**Dhuhr****Plan Actual**

What time will you get ready for this salah?

Amount of sunnah before

Extra something to increase concentration

**Asr****Plan Actual**

What time will you get ready for this salah?

Amount of sunnah before

Extra something to increase concentration

**Maghrib****Plan Actual**

What time will you get ready for this salah?

Amount of sunnah before

Extra something to increase concentration

**Isha****Plan Actual**

What time will you get ready for this salah?

Amount of sunnah before

Extra something to increase concentration

**BONUS****TARAWIH****Plan Actual**

How may rakas will you donate to your heart?

What time?

Allah(swt) gives us without even needing anything in return. Even when Allah(swt) tells us to obey him and worship him it is not because He will get something, but so that we can enter Jannah and live a good life in this world and the next, Allah doesn't want to punish us. Allah wants to give you a lot of reward, and so to help you earn that, he gives you the month of Ramadan. Ramadan is a month, where Allah(swt) gives us many times more bonus reward for doing the same actions. This is a month he gives us an opportunity to super boost our pile of good deeds! Alhamdulillah for giving us Ramadan!

Reflection Time

Can you list the number of things Allah(swt) has given you just this day?

Just like Ramadan is an opportunity Allah gives us to earn more reward, there are many other opportunities every day to increase our reward. Can you think atleast 5 opportunities we have during 1 day.



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



Follow those who were truly successful

**Khadijah bint Khowaylid Before**

In Makkah, she was one of the richest business women, sending out caravans and hiring men to manage the sales. Many men wanted to marry her. She would turn down the requests, until the day she met a man whose nobility and trust- worthiness was known to all – The Prophet Muhammad(saws). She asked to marry him. He accepted.

**After: Umm AlMu'mineen, Mother of believers**

She became the wife of Rasul Allah, sal Allahu alayhi wa sallam. On the night he met Jibreel, alayhis salam at the cave of hira, for the first time, the Prophet Muhammad(saws) was scared and shivering. She was there wrap-ping him in blankets and comforting him. She was the first woman to accept Islam. Much later one day, as Angel Ji-breel was sitting with Allah's Mes senger, sal Allahu alayhi wa sallam, Khadija(r.a.a) came knocking and Jibreel told him to give her the news of a palace in paradise





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# Do this next day

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## What did I learn new today?

**BONUS****DHUHA**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

**Fajr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

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**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

**Celebrate**

**Well Done! You are already at Day 3!**

**Treat yourself**





Allah(swt) designed you and created you from nothing. The way you look, your qualities, your intelligence are all designed by Allah(swt). Allah(swt) also said that he created us in the best of forms. Meaning the way Allah(swt) has created us, our design is the best! Now how are you going to use that design is upto you! We can use the gifts Allah has given us in a good way or a bad way. The more good we do with them the better we will be and the more bad we do with them the worse we will become.

Reflection Time

List some of your qualities, and think about what good they can be used for.

1.

2.

3.

4.



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



Follow those who were truly successful

Musab Ibn Umayr	After Islam
Musab (r.a.a) was a young man living in Mecca. He was from a rich family, always wore best of the clothes and perfumes. He was a charismatic young man, people knew he was at a place just from the beautiful smell he left behind.	After Musab(r.a.a) became a muslim his mother punished him harshly for a long period of time. Prophet Muhammad(saws) chose him to be the ambassador of Islam to Medina, to go and give dawah to the people of Medina. He is known as the first ambassador of Islam. The Prophet Muhammad(saws) chose this young man over so many other companions like Umar (r.a.a), Uthman (r.a.a). The Prophet Muhammad(saws) knew that this was Musab(r.a.a)'s strength, his personality was right for this job. And surely Musab(r.a.a) proved him right, he went to Medina, and successfully gave dawah to the people of Medina, spreading Islam in the hearts of the Ansar.



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What time will you get ready for this salah?		
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**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		



If you get in the car and have no destination in your mind, will you ever arrive at your destination? Well No! There was no destination! We can never reach our goal if we don't even have one. No brainer isn't it.  
Heaven is something that we must have in our mind everyday, we should be hoping for it all the time and taking actions to get there. Those who enter Jannah are the people who have entered it 10'000 times before they died in their mind, hoping and dreaming. They hoped so much for it and kept working hard to reach it. The best dreams are the dreams of paradise. Imagine yourself entering the highest level of Jannah! And now ... work for it!

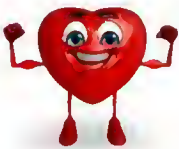
Reflection Time

Imagine yourself entering the highest level of Jannah. What will it be like?  
Who would you like to meet? What do you want to say?



Remember no matter what you imagined, Jannah is better than anything we can ever imagine

**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



Follow those who were truly successful

Aasiyah Before	After: An example for all believers
Aasiyah was the wife of Fir'ow, a rich and powerful king. She had no children, and so on the day a little baby boy washed up on her palace shore, she asked Fir'own to spare his life. He agreed	When the message of Musa, alayhis salam, was revealed she believed in Allah in the palace of a man who claimed that he was 'the' God, most High. Because she believed in Allah, Firawn tortured her until death. She prayed to Allah, "My Lord, build a home for me near you in Paradise. And save me from Fir'own and his deeds, and save me from the tyrants." Allah recorded her dua in the Quran for all of us to remember, InshaAllah she will have her home in paradise near Allah. Her sacrifice was great but her reward is even greater!



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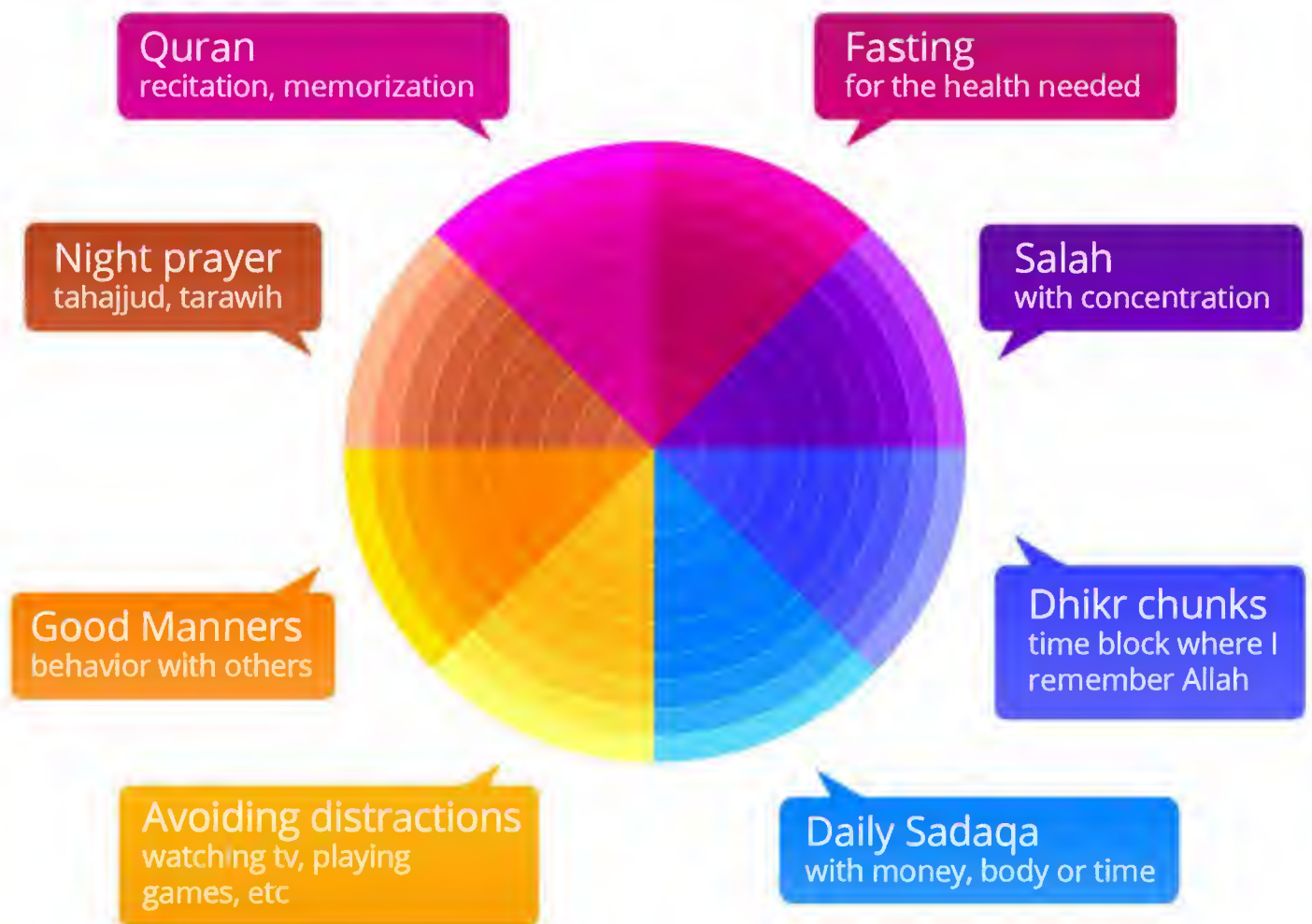
**BONUS****TARAWIH**

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# Heart Wheel

Snapshot Day 4



Actions are rewarded according to the effort. Allah(swt) doesn't reward us according to the end result. He rewards us according to the effort we put into any action. Lets say there were two kids Saarah and Ahmed. Sarah finds it very easy to read the Quran, so she spends only 15 mins and is all done with her lesson. Whereas Ahmed finds it very hard to read the letters and takes much longer to memorise. But Ahmed doesn't give up easily and he loves Allah, so even though its hard for him, he keeps on trying and trying and trying. While Saraah only worked for 10 mins then went to watch TV, Ahmed is still trying to work on the same lesson. Who do you think Allah will reward more? Saraah for reading so well or Ahmed for working so hard? Allah rewards us according to our effort! So ofcourse Ahmed!

Reflection Time

Roro is 12 yrs old, he finds it very hard to go for tarawih everyday. He just wants to go and play basketball or minecraft with his friends, or sit at the back and talk. Let's say you were Roro's best friend and want him to pray Tarawih, What would you say to help him want to come and pray Tarawih?



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



Follow those who were truly successful

**Khalid ibn Waleed**

It was the son of AlWaleed, one of the strictest tyrants against the Muslims. Khalid was the leader of the Quraish army. In the battle of Uhud, he saw the mistakes some of the Muslims made and he took advantage of it. Over 70 companions of the prophet were killed Shaheed that day. Hamzah, the uncle of the Prophet, being one of them. radi Allahu 'anhu Allahu 'anhum.

**After:**

He accepted Islam and became a force for Allah. The Prophet (saws) named him the sword of Allah. Never did he lose a battle, not before, nor after his Islam. Khalid, radi Allahu 'anhu, became a legend of what true Muslim leadership is all about. However when Umar(r.a.a) became the Khalifa, he asked him step down from his role as the leader. One of the reasons Umar(r.a.a) did this is so people don't think that the result, the victories are because of Khalid(r.a.a) but to remember that the victory is from Allah(swt). Khalid, radi Allahu 'anhu , did not protest or get angry. He was sincere in his efforts for the sake of Allah, he was not doing it for some prize or high post, so he followed the order of the Khalifa and stepped down.



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**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

# Heart Food~ Someone's watching me Day 6

Do you do a better job when you know mom is watching you? Many times people think no one is watching them and then do all kinds of sins. But that's never true! The angels of Allah are watching us all the time, writing everything that we do. Our very body parts that we use to obey or disobey are watching us and will testify on the day of Judgement. The earth that we walk on will speak and be a witness to whatever we did on it's back. There is a book that records everything, small or large, that we do; if you read it you would be amazed! And

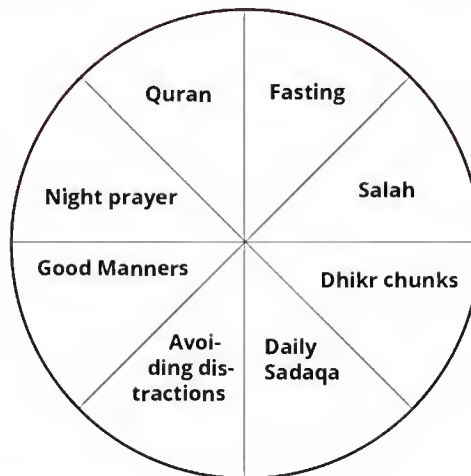
## Reflection Time

Make a list of any 6 things you did in the last three days in column 1.

What you did	How would you do this if you remembered you are being recorded



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices




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## Follow those who were truly successful

### Uthman ibn Affan Before

Everyone in makkah absolutely adored him. He was successful in business, with the most upright of character. When he became Muslim, there was no one to abuse him because of his noble status in society. But it was his own uncle would punish him. He had to leave Mecca with his wife, he left his family, wealth and possessions in order to worship Allah in peace in Habasha.

### After: The source of two lights

Allah's Messenger, sal Allahu alayhi wa sallam, married him to his daughter. And when she passed away, he married her to his other daughter. With the wealth that Allah granted him, he purchased the well of Roma and prepared the army of alUssrah. In both cases, he was promised paradise in return. One cannot read about sadaqah anywhere without reading about the example of Uthman. He was known for his shyness and modesty. The Prophet (sas) said: "Should I not be shy of a man around whom the angels are shy?"



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## What did I learn new today?



**BONUS****DHUHA**

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	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

If perfection is your goal, then you have the lowest standards! Why the lowest? Because perfection cannot be achieved by any human being, we all make mistakes and have weaknesses. Only Allah is perfect. So if you are targeting to be perfect then will never get there and then you will just give up. We should try to focus on what we are doing right and keep growing it. And when we do something wrong, something displease to Allah, bounce back immediately and seek forgiveness Quickly come back and make things better. The people who come back to Allah the fastest, are the most blessed. So don't worry if you did something wrong, seek forgiveness and focus on doing more good. Allah (swt) loves to forgive people.

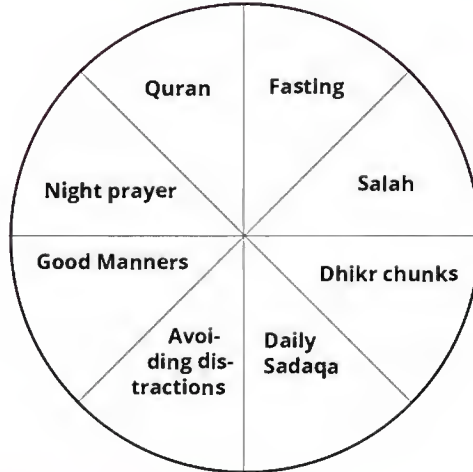
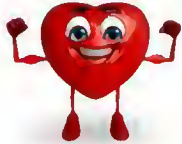
### Reflection Time

Write down three things you can improve on.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



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### Follow those who were truly successful

#### Prophet Yunus(p.b.u.h)

Prophet Yunus was sent as a messenger to his people. He tried teaching them Islam and inviting them to Allah(swt) for a long time but they wouldn't listen. They made his life very difficult and his efforts were of no use, so he decided to leave them. This was a mistake, as he didn't have the permission from Allah to leave his people yet.

#### After:

Prophet Yunus(p.b.u.h) was thrown into the sea from the ship he was riding. In the sea a fish swallowed him. He remained alive in the belly of the fish. In the depths of the sea, inside the stomach of the fish, he didn't give up hope. He started doing what he often used to do before. He remembered to Allah(swt), he made dua to Allah(swt). Allah(swt) forgave him and saved him. He then went back to his people, and it turned out the people had already become muslim!



# Do at night before the day starts

3 things that I'm going to do tomorrow, in sha Allah, to come closer to Allah	
Plan for Tomorrow	Actual (Complete next day)
1.	
2.	
3.	
4.	

Sadaqah Increases goodness! List 2 you are going to do today to support someone else heart	
Plan to support	Actual (Complete next day)
1.	
2.	

# Do this next day

Focusing on what I did right. Here, list 2 things you did right today.	
What I did right	
1.	
2.	

Tawbah, quick and often. What is one thing that you are going to improve even more for tomorrow, in sha Allah.	
What I am, in sha Allah, going to do even better tomorrow...	
1.	
2.	

## What did I learn new today?




**BONUS****DHUHA****Plan Actual**

How may rakas will you donate to your heart?

What time?

**Fajr****Plan Actual**

What time will you get ready for this salah?

Amount of sunnah before

Extra something to increase concentration

**Dhuhr****Plan Actual**

What time will you get ready for this salah?

Amount of sunnah before

Extra something to increase concentration

**Asr****Plan Actual**

What time will you get ready for this salah?

Amount of sunnah before

Extra something to increase concentration

**Maghrib****Plan Actual**

What time will you get ready for this salah?

Amount of sunnah before

Extra something to increase concentration

**Isha****Plan Actual**

What time will you get ready for this salah?

Amount of sunnah before

Extra something to increase concentration

**BONUS****TARAWIH****Plan Actual**

How may rakas will you donate to your heart?

What time?

# Heart Food~ Is it really bad?

Day 8

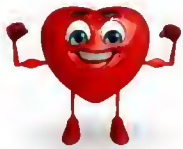
Sometimes bad things happen to people and they begin complaining about it, thinking that Allah must not love them. However a smart Muslim knows, that there is good in every difficulty that happens to us. Often we don't see it immediately, at the time it just feels its bad and bad and bad, but later on, if we are patient, and keep doing the right thing, we start to see how that bad thing actually turns out to be one of the best things that happened to us! If a Muslim has the right attitude every time, he is grateful and patient, nothing bad can actually ever happen to them!

## Reflection Time

Discuss a time with your mom/dad/grandparents when they thought something bad was happening to them but it turned out to be something very good.



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



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## Follow those who were truly successful

### Prophet Yunus alahisalaam Before

He was the favorite of his father. His brothers were jealous of him. One day they took him and threw him in a well. All alone, this beautiful young boy was separated from his loving father. Some people took him out of the well and sold him as a slave. Later the wife of the man he worked for, framed him so he ended up in Jail for many years. He however remained patient and grateful no matter what happened in his life

### After: Prophet Yusuf alahisalaam

Many years later when his brother's came looking for food, they were amazed to find the brother they had thrown in the well had now become a rich and powerful man. Amazing isn't it!

Although at the time it seemed that everything that was happening to Yusuf alahisalaam was just bad and horrible but it was the plan of Allah(swt)! If all these bad things had not happened to him, perhaps he would never have become the great powerful man he did!



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2.	
3.	
4.	

Sadaqah increases goodness! List 2 you are going to do today to support someone else heart	
Plan to support	Actual (Complete next day)
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# Do this next day

Focusing on what I did right. Here, list 2 things you did right today.	
What I did right	
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Tawbah, quick and often. What is one thing that you are going to improve even more for tomorrow, in sha Allah.	
What I am, in sha Allah, going to do even better tomorrow...	
1.	
2.	

## What did I learn new today?



**BONUS****DHUHA**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

**Fajr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Dhuhr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Asr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Maghrib**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Isha**

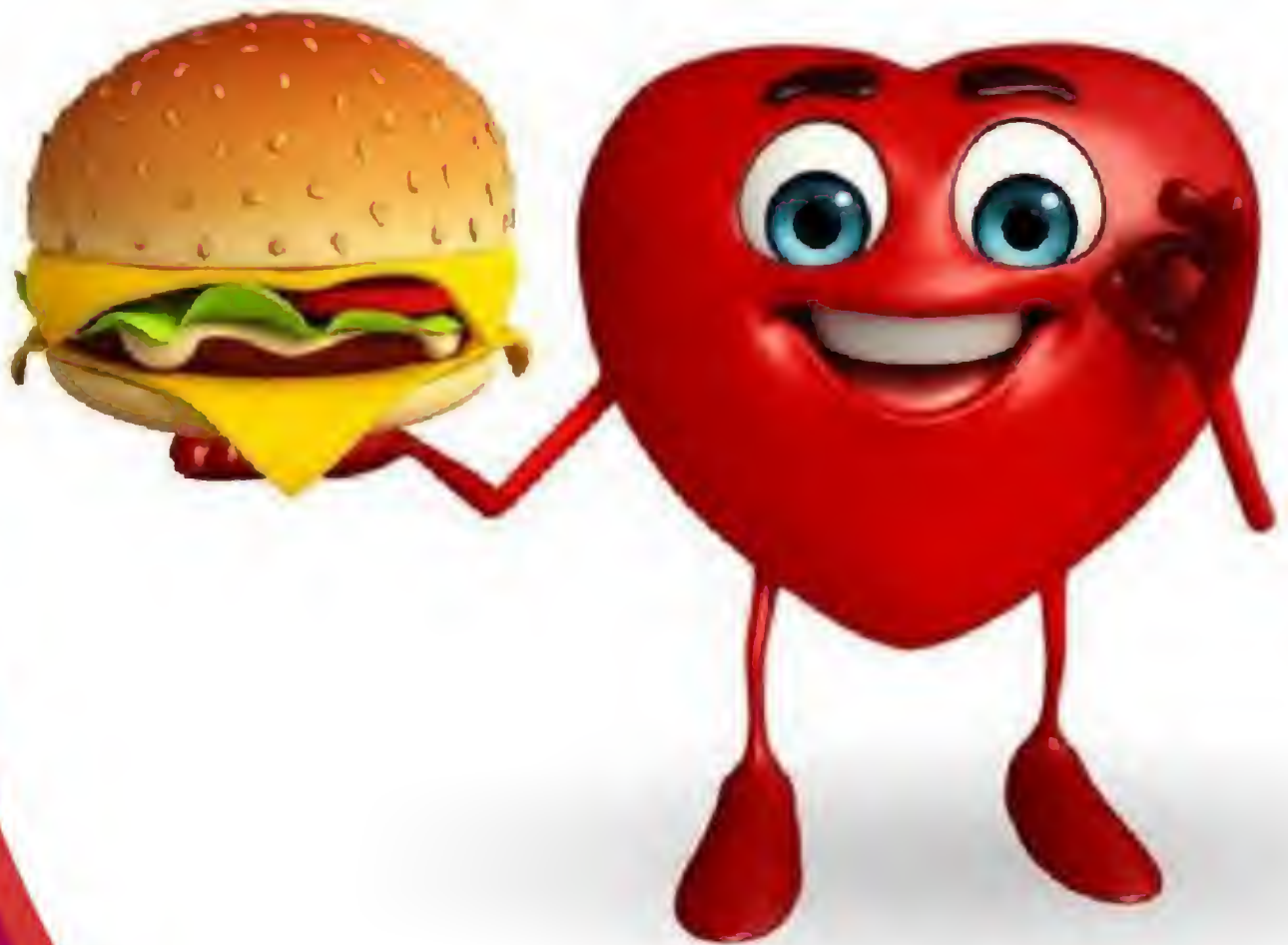
	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

**Treat Yourself!**

You are already at Day 9! Excellent!



Dua is the most powerful thing you have. You can at any time, reach the king of all kings and ask him for whatever you need. Allah(swt) loves it when you make dua to him. Kids nag parents all the time for this or that, and parents often get annoyed, but you can ask him as many times as you like, the more you ask the more Allah will be pleased with you. We should have good hopes from Allah in our dua, Allah (swt) said "I am as my slave expects of me" Expect good from Allah, and be determined in your duas. As you are working hard this ramadan to achieve your heart's goals, make sure you don't forget to make dua! Without Allah's help nothing is possible. And with Allah's help anything can become easy. Trust in Allah(swt) that he will help you. Allah(swt) loves it we make dua to him, so raise your hands, and ask him for what you want!

### Reflection Time

Make a list of 4 duas. Things that you really want. Then make sure every day in Ramadan, you make these duas. InshaAllah your duas will be answered very soon!

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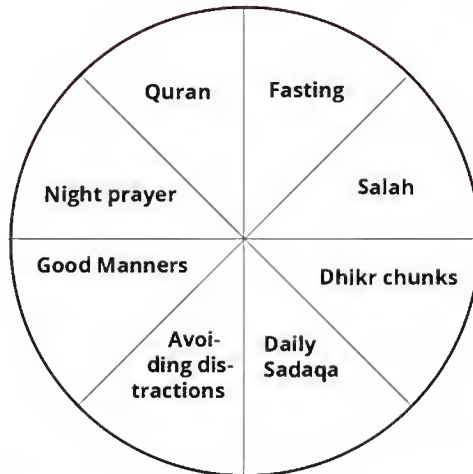
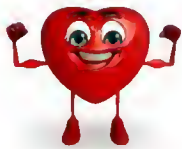
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**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices




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### Follow those who were truly successful

#### Prophet Yaqub alahisalaam

Yaqub Alayhisalaam loved his son Yusuf alahiysalaam very much. However Yusuf alahiysalaam's brothers were very jealous of him. So one day they took him, and threw him in the well. They came back and told there father that a wolf ate Yusuf, they showed him a bloody shirt saying this is the blood of Yusuf. Yaqub alahiysaalm was heart broken. He had lost the son he loved so much.

#### Finding Yusuf alahisalaam

Many years passed by but Yaqub alahiysaalm had become blind because of his tears for his son Yusuf alahiysaalm. However even then, he had not given up hope. He was still making dua to Allah(swt). When his sons were going to Egypt to get food supply, he told them to look for Yusuf alahisyaam, and never give up hope in Allah. People would say to him, that you have gone crazy. Surely his dua was answered! The brothers met Yusuf alahiysalaam in Egypt, who was now a very powerful man.

Finally father and son were united again. Yaqub alahisalaam never gave up his dua, even when people called him crazy.

No matter, what happens, don't give up hope in Allah!





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What I am, in sha Allah, going to do even better tomorrow...	
1.	
2.	

# What did I learn new today?

**BONUS****DHUHA**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

**Fajr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Dhuhr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Asr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Maghrib**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Isha**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

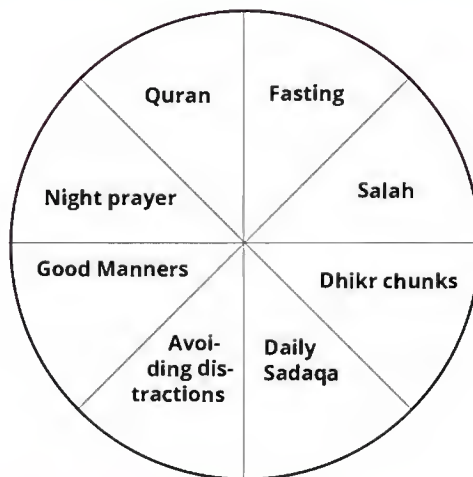
Salah is like bath, it washes away our sins. Salah is also the armor of a muslim. When we pray 5 times a day, Salah becomes the armor that protects us from Shaitan all day. When we are sick, Allah(swt) has allowed us to miss our fast, but can a muslim miss salah if they are sick? Nope! Even in the battle ground, when soldiers are fighting for their lives, they are not allowed to miss there salah! There is a special way soldiers pray in the battle ground, but still they can't just say "Oh I was busy", they have to pray. Don't take your Salah lightly!

## Reflection Time

Why do you think Salah is so important? Can you think of some benefits of Salah for muslims?



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices




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## Follow those who were truly successful

### Abdullah ibn al-Zubayr

He was the grandson of Abu Bakr (r.a.a). The son of Asma bint Abi Bakr (r.a.a)and Zubayr ibn al-Awwam(r.a.a) and nephew of Aisha(r.a.a). He was the first muslim to be born in Medina after the migration.

### His Salah

Abdullah ibn Zubayr was known for his khushu in his Salah. When he would stand in Salah, he would be so still for so long, that birds would actually come and sit on him.

Once he was under attack at the Kaaba, the enemies were shooting at him with a catapult. He was in his Salah at the time. The shot came so close to him that it tore a part of his shirt, but still he remained still, his mind was in his meeting with Allah(swt).





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**BONUS****DHUHA**

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How may rakas will you donate to your heart?		
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	Plan	Actual
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**Maghrib**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
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**Isha**

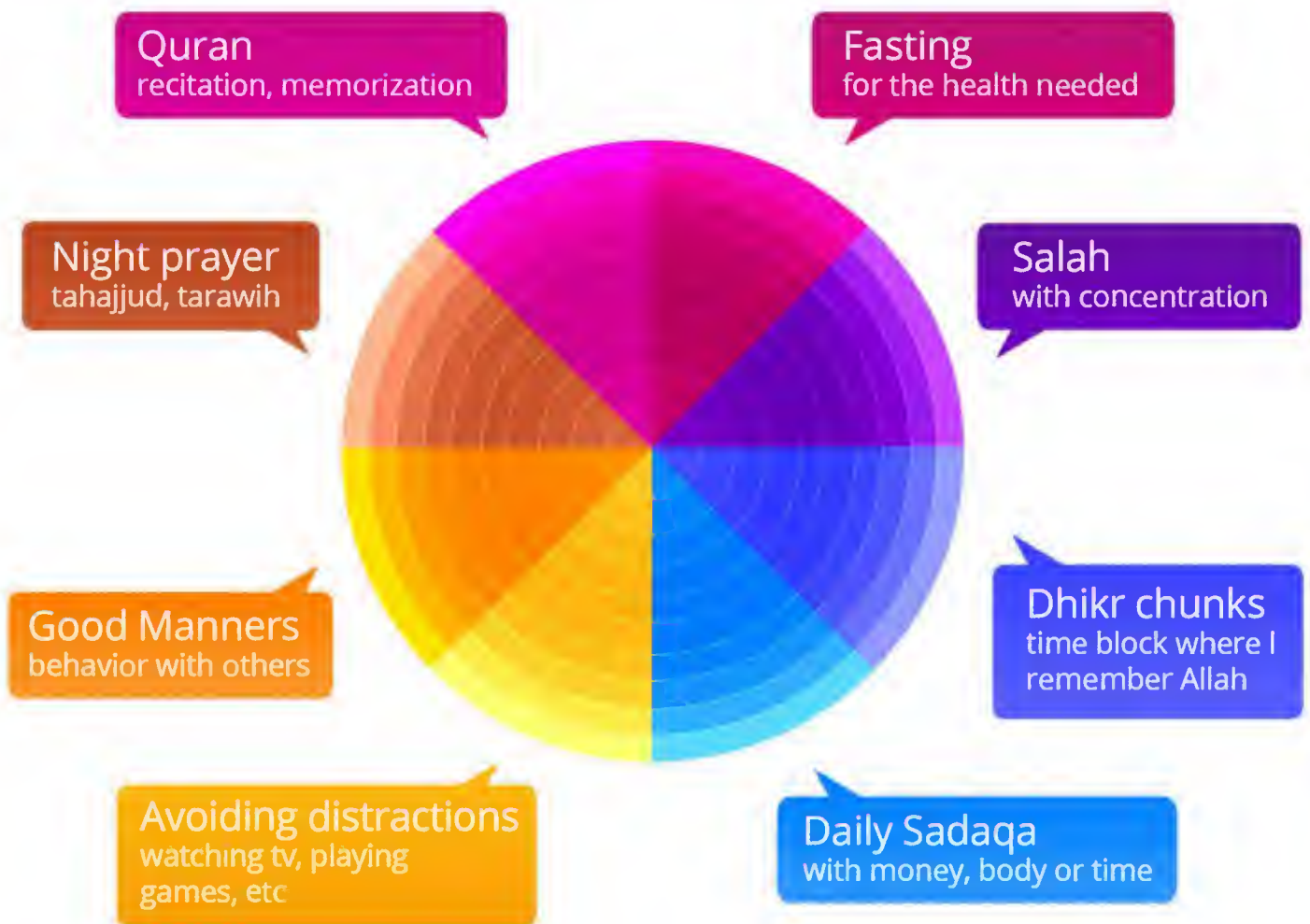
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**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

# Heart Wheel

Snapshot Day 10





The Prophet Muhammad(saws) told us to not belittle any good deed. When you throw a stone in the ocean, it produces many many ripples, which are wider and wider. Just like that, every deed has many ripple effects. A small action you did thinking its nothing, can have effects that benefit many others in many ways. Just like the example of removing something harmful from the road, even though its just a small action. This small action can actually save people from injury, and infact even save someone's life. That person who is saved may then go and help others in some way, who then help others, and so on. It just keeps going! But remember just like this, every small little bad deed can also have many harmful ripple effects!

Reflection Time

Think of some small good deeds and their possible effects.

Think of some small bad deeds and their possible effects.



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



Follow those who were truly successful

Ali ibn Abi Talib Before

A very young boy in Makkah. The cousin of Allah's Messenger, sal Al- lahu alayhi wa sallam. Many children lived their lives in play and amusement, but not Ali. He was very close to Allah's Messenger, sal Allahu alayhi wa sallam, and he never worshiped idols.

After: Ameer ul-Mu'mineen

Before age 10, Ali, radi Allahu 'anhu, heard the news that Allah had chosen a Prophet from his family. He was the first amongst the youth to accept Islam. When the Prophet Muhammad(saws) left for Medina secretly, Ali (r.a.a) was given the important responsibility of lying in his bed so the Quraish think that the Prophet(saws) was sleeping there. Even at this young age he bravely took on the responsibility of helping the Prophet Muhammad(saws). He grew to marry the daughter of Allah's Messenger, sal Allahu alayhi wa sallam, Fatima, radi Allahu 'anha. Later in his life he became the Khaleefah of the Muslim- meen. He was promised paradise. . Think about the ripple effects of Ali(r.a.a) sleeping in the bed of RasulAllah(saws)!



# Do at night before the day starts

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**Isha**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		



Do you think anyone on the Day of Judgment will regret not watching more TV? Or playing more games? Or not shopping for more clothes and stuff? No way! Infact everyone, even the people who enter heaven will wish they had spent more time worshipping Allah(swt) and doing good deeds. How are you spending your time?

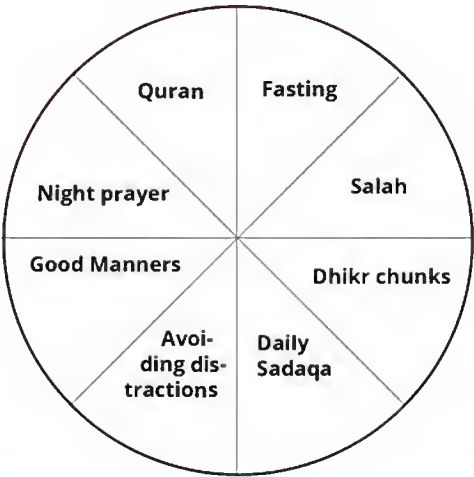
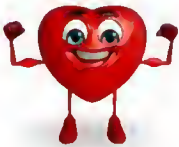
Reflection Time

What are the distractions for you that take you away from Allah? Pick one of these distractions

Now come up with a plan to stop it being a reason for you to be away from Allah



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



Follow those who were truly successful

Abush-Shams Before	After: Abu Hurayrah
He was from the tribe of Dows. When At-Tofayl, radi Allahu 'anhu, became Muslim and returned to his tribe of Dows to inform them, Abdush-shams was one of the first to answer the call and travel with At-Tofayl to visit the Prophet, sal Allahu alayhi wa sallam. He was single, without a wife or children, and poor. Add to that, his own mother furiously cursed the Messenger of Allah.	<p>The Prophet, sal Allahu alayhi wa sallam, changed his name to AburRahman (Abu Hurayrah) He spent his days learning from RasulAllah(saws). He began narrating the say- ings of Allah’s Messenger, sal Allahu alayhi wa sallam, so much so that he became the foremost narrator of hadith.</p> <p>Today we know of many facts about RasulAllah(saws) because Abu Hurayrah used his time wisely, learning from the Prophet(saws) and then later sharing and teaching what he learned. Can you imagine how many millions of people he ben-</p>



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Amount of sunnah before		
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**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		



You parents, grandparents, your siblings are the people that Allah(swt) picked for you to be related to. Did Allah(swt) pick them randomly? Of course not! Allah(swt) picked them for you, because they are best for you. These are relationships we have to try keep strong all of your life InshaAllah. Even though you might find your siblings annoying sometimes, remember they are the ones Allah(swt) wants you to love and care for.

### Reflection Time

Think of two good qualities that you are grateful for about each of your family members

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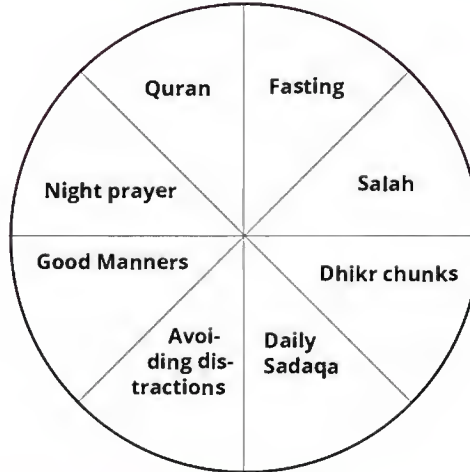
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**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices




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### Follow those who were truly successful

#### Fatima bint Muhammad Before

A young girl growing up in Makkah. Her mother was Khadijah, radi Allahu 'anha, and her father was Allah's chosen one, Prophet Muhammad(saws). At the age of 5 her father came home to tell her that he had become a Messenger of Allah. Although she was still a child, she followed his instruction and defended him again and again.

#### After: Leader of the women of paradise

Her father, sal Allahu alayhi wa sallam, married her to Ali, radi Allahu 'anhu, who was only a few years older than her. Together, the young couple gave birth to Al Hasan, and then later, Al Husain, the grandsons of Allah's Messenger, sal Allahu alayhi wa sallam. Her walk and speech reminded people of her father, sal Allahu alayhi wa sallam. Rasul Allah, sal Allahu alayhi wa sallam, said about her that she is the sayyidah, leader of all the women of paradise.



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Amount of sunnah before

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Amount of sunnah before

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**BONUS****TARAWIH****Plan Actual**

How may rakas will you donate to your heart?

What time?



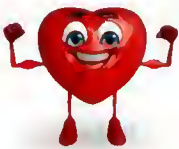
Your mother has been loving you since even before you were born. She carried you in her body for 9 months. It made her weak and sick, yet she did it with a smile. Can you imagine how hard it must have been for her? She has been working hard, making sacrifices, leaving things she loves to do for you, since before you were even born. Can you ever thank her enough? No! Your mother loves you very much. Her love is strong and deep. She loves you many times more than you love her. And because she loves you so much, any time we say anything rude to her, it hurts her so much more. Even a small act, that you may think is nothing, can hurt her very deeply. Be very careful about how you speak with your mother. But just like the bad words, the kind and loving words and actions you say will also mean a lot to her!

Reflection Time

A day in my mom’s life - List the number of things she does for you and others.



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



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\_\_\_\_\_

\_\_\_\_\_

Follow those who were truly successful

Sa’d ibn Abi Waqqas Before

He was a handsome and strong young man growing up in Makkah. Early twenties. From a rich family, he would spend his time practicing archery. Because of his strength, people used to call him the young lion. He found no value in the idol worshipping that surrounded him, so on the day that Abu Bakr told him about the message of Islam, he became Muslim.

After: Sa’d ibn Abi Waqqas

He was known as the uncle of the Prophet, sal Allahu alayhi wa sallam. He loved his mother very much. But when he became muslim his mother was against his Islam and as much as he loved her. he chose Islam over her. However he remained kind and patient with her. He participated in Badr; And in Uhud he was one of the few that stood defending the Prophet, sal Allahu alayhi wa sallam



# Do at night before the day starts

3 things that I'm going to do tomorrow, in sha Allah, to come closer to Allah	
Plan for Tomorrow	Actual (Complete next day)
1.	
2.	
3.	
4.	

Sadaqah increases goodness! List 2 you are going to do today to support someone else heart	
Plan to support	Actual (Complete next day)
1.	
2.	

# Do this next day

Focusing on what I did right. Here, list 2 things you did right today.	
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Tawbah, quick and often. What is one thing that you are going to improve even more for tomorrow, in sha Allah.	
What I am, in sha Allah, going to do even better tomorrow...	
1.	
2.	

## What did I learn new today?

**BONUS****DHUHA**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

**Fajr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Dhuhr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Asr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Maghrib**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Isha**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		



Salah is gift Allah(swt) has given us. Its meeting with Allah(swt). When you begin our Salah, raise your hands and say Allahuakbar, Allah (swt) TURNS TO YOU! And he remains turned to you until you turn away. How do we turn away, it maybe with our eyes, or it may even be with our heart. When we start thinking of something else instead, then our heart has turned away from Allah and Allah(swt) also turns away. Salah is the power source of a muslim, Don't lose this opportunity to meet Allah, ask him for what you want in Salah, when he is turned to you, especially in your sujood/prostration and especially in Ramadan!

### Reflection Time

What are some things you can do to improve your salam.

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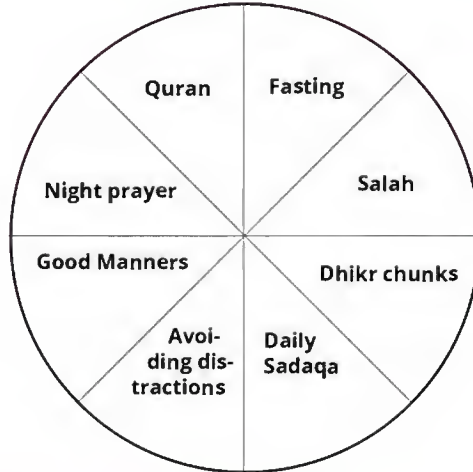
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**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices




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### Follow those who were truly successful

#### Bilal ibn Abi Rabah Before

An Abyssinian slave in Makkah. Mecca was a society that abused and did not care at all for slaves. They were bought and sold and bought again. They were not considered to be of higher intelligence and had no wealth of their own. And rarely were they able to marry. Bilal was one of them.

#### After: The Mu'adhdhin of the Prophet's Masjid

After accepting Islam, he was tortured in a way that few people could imagine how he survived. He only called on Allah for help. Abu Bakr, radi Allahu 'anhu, freed him and he later migrated to Madinah. In Madinah, he became the Mu'adhdhin (the person who gives adhan) of Allah's Messenger, calling people to prayer five times a day. The Prophet once heard in a dream the foot-steps of Bilal in Paradise.



# Do at night before the day starts

3 things that I'm going to do tomorrow, in sha Allah, to come closer to Allah	
Plan for Tomorrow	Actual (Complete next day)
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2.	
3.	
4.	

Sadaqah Increases goodness! List 2 you are going to do today to support someone else heart	
Plan to support	Actual (Complete next day)
1.	
2.	

# Do this next day

Focusing on what I did right. Here, list 2 things you did right today.	
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Tawbah, quick and often. What is one thing that you are going to improve even more for tomorrow, in sha Allah.	
What I am, in sha Allah, going to do even better tomorrow...	
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# What did I learn new today?

**BONUS****DHUHA**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

**Fajr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Dhuhr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Asr**

	Plan	Actual
What time will you get ready for this salah?		
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**Maghrib**

	Plan	Actual
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Amount of sunnah before		
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**Isha**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		



Many times when we give charity, we give from our old things, old clothes, old toys. But is that really a sacrifice or are we just getting rid of our old things? The best of charity is one when you give from something you love, and you do it secretly. Remember the more we give, the more we shall receive. That's Allah's promise!

Charity doesn't just have to be to the poor and charity doesn't just have to be with money. Even when you give your brother/sister or your friend, something that you know they really want and you give it to them even though you love it. That is also a great charity!

## Reflection Time

Lets think of somethings you can give to someone from the things that you love.

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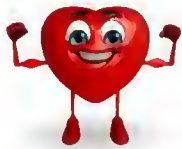
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**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices




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## Follow those who were truly successful

### Aisha bint Abi Bakr Before

A young girl growing up in Makkah. Her father was wealthy and successful, but she saw him using all of that for the sake of Islam. On the day of Hijrah, her and her sister and her brother helped Allah's Messenger, sal Allahu alayhi wa sallam, and their father to escape. She was very

### After: Umm AlMu'mineen, Mother of the believers

She was wed to Allah's Messenger, sal Allahu alayhi wa sallam, and became his the person he loved most. She was very generous. Once a needy person knocked on the door. She only had one grape, and gave it to him. Then asked what the value of a single grape was as a charity, she quoted the following verses from the Qur'an: "So whoever does an atom's weight of good will see it, And whoever does an atom's weight of evil will see it." (Qur'an 99:7 - 99:8) Think about it, how many atoms are there in a grape? Today we know so many things about RasulAllah(saws) because of what she learned from him and taught us. Her reward keeps on increasing! She was the mother of all believers (May Allah be pleased with her).



# Do at night before the day starts

3 things that I'm going to do tomorrow, in sha Allah, to come closer to Allah	
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How may rakas will you donate to your heart?		
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	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
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**Maghrib**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
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**Isha**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		



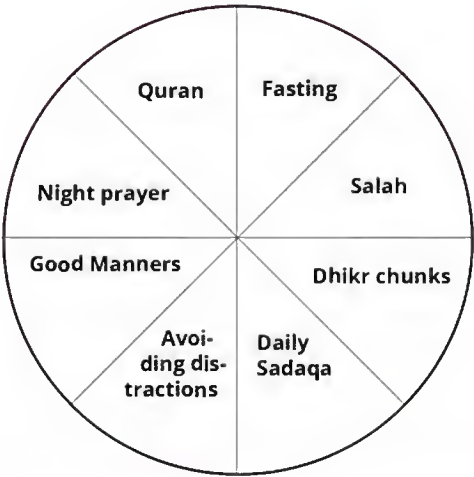
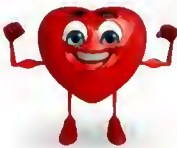
The no.1 reason that people enter hellfire? Open your mouth and stick out your tongue! Our tongues are the no.1 reason. It's because of the backbiting, the lies, the mocking, the name calling, and on and on, that we use our tongues for. Let's watch our tongues today, and every day, and make it like a beautiful flower, only sweetness coming from it. And if there is nothing sweet to be said, then ... silence.

Reflection Time

When was the last time you got angry and said mean things? Write down how what you said may have made them feel



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



Follow those who were truly successful

Abu Lahab Before

He was one of the uncles of the Prophet Muhammad(saws) and one of the leaders of the Quraish. When the Prophet Muhammad(saws) stood at the mountain to invite the people to Islam. Abu Lahab yelled out curses to the Prophet Muhammad(saws). In Mecca he would walk behind the Prophet(saws) telling people not to listen to him, calling him names, insulting him. But never did the Prophet turn around and insult his uncle, instead he remained quite, patient and continued giving dawah.

After:

Abu Lahab died from a disease. It was so bad, that no one, including his own sons wanted to visit him, as they were afraid they might catch the disease too. When he died they dragged his body with a rope from far away and threw it in a ditch and then threw stones over it to bury him. This was the end of the man who used to insult our Prophet Muhammad(saws). Allah(swt) revealed Surah Lahab about Abu Lahab and his wife, telling us how he would be punished in hell fire. 1400 years on this is a surah, millions of children have memorized and recite. 1400 years Prophet Muhammad(saws) is the most loved person in this world and Abu Lahab is amongst the most disliked.



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	Plan	Actual
How may rakas will you donate to your heart?		
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	Plan	Actual
What time will you get ready for this salah?		
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**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		



Celebrate

**WOW! You are already at Day 18! Great work!**



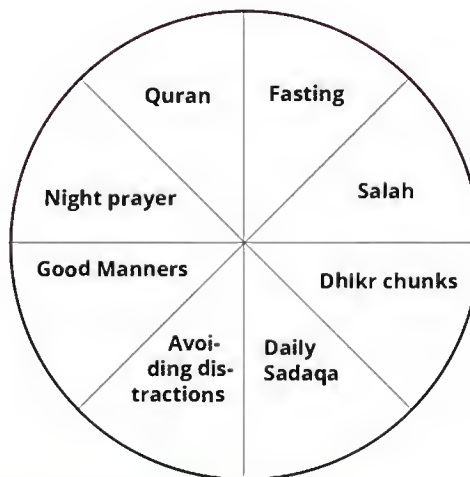
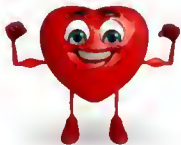
"Just as if you were the one to make a mistake, would you love if you were forgiven for that mistake" This is one of the most powerful rockets to Jannah. Going to sleep at night without having any grudges or anger against your Muslim brothers and sisters. How does holding a grudge, being angry make you feel? Does it make you happy? No! It's a miserable feeling. Forgive people so you yourself can be happy. Forgive them, even if they don't deserve it. Forgive them, not for them but so you can be happy and so Allah may forgive you

### Reflection Time

Is there anyone you are angry at today? Forgive them for the sake of Allah.



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices




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### Follow those who were truly successful

#### Abu Bakr Before

Successful, wealthy, and of high character. Before the revelation began, Abu Bakr was always the close friend of Allah's Messenger, sal Allahu alayhi wa sallam. Many successful and wealthy arabs lived at his time, but Abu Bakr, radi Allahu 'anhu, was destined to become something much more.

#### After: Khaleefat Rasul Allah

The first man to accept Islam. When he heard of the message, he did not ask a single question. He replied by bearing witness that there is no god but Allah, and that Muhammad was his messenger. Once Mistah, a poor cousin of Abu Bakr (r.a.a), whom Abu Bakr(r.a.a) used to help a lot with money, regularly, started spreading rumors about the daughter of Abu Bakr(r.a.a). Abu Bakr(r.a.a) was angry at him, and he swore to stop helping him. Allah(swt) then revealed in the Quran " (Do you not love that Allah should forgive you)" which shows that the reward fits the action, and that "if you forgive others, Allah will forgive you," then Abu Bakr As-Siddiq said, "Of course, by Allah, we love – O our Lord – that You should forgive us." Then he once again started spending on Mistah and said, "By Allah I will never stop spending on him."



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## What did I learn new today?



**BONUS****DHUHA**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

**Fajr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Dhuhr**

	Plan	Actual
What time will you get ready for this salah?		
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	Plan	Actual
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**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

Have you ever noticed how much humans love competition. If there is nothing to compete in, we make up stuff just for the enjoyment. But most of the time people are competing for prizes which don't really matter and don't last. Why not compete for the hereafter? Why not compete for the highest levels of Jannah, just like the Sahabah did? Who can you compete with in the deen? Can you be the first one to do the Salah at your home? First to wake up for fajr? Best in giving charity? Best in always helping others? Look for who is the best in doing good deeds in your house, amongst your friends, and then work to beat them!

Reflection Time

Who is the best in doing the good deeds in your home/amongst your friends? Can you beat them? In order to really beat them, you might have to come up with a strategy. Observe how they do it and then try to follow the same way. Share below atleast 2 people who are better in some acts then you and how you can try to beat them.



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



Follow those who were truly successful

Umar ibn AlKhattab Before	After: Ameer ul Mu'mineen t
He was one of the harshest against the Muslims. Not only would he torture his servants, but he would volunteer to punish others who had accepted the message of Islam. Because of the way he and others treated the Muslims, they had to leave their homes and family and possessions so that they could worship Allah in peace. Who would have known?	The Prophet, sal Allahu alayhi wa sallam, made dua for his guidance and Allah accepted. The day he became Muslim it was a victory for the believers. He became a great strength for the muslims. And amongst the best friends of RasulAllah(saws) .Umar(r.a.a) would often compete with Abu Bakr(r.a.a) in doing good deeds. Once Umar(r.a.a) bought half of all of his wealth in charity, hoping this time he had beaten Abu Bakr (r.a.a) in doing good. However when he got there, it turned out Abu Bakr(r.a.a) had given all of his wealth in charity! Even the companions competed with each other in doing, good, not for any prize, not by pushing each other down, but only for the love of Allah(swt). After the death of Abu Bakr, radi Al- lahu 'anhu, he became the Khaleefah. His rule was blessed with mercy to humanity. He was promised paradise.

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**BONUS****DHUHA**

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How may rakas will you donate to your heart?		
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What time will you get ready for this salah?		
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**Maghrib**

	Plan	Actual
What time will you get ready for this salah?		
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**Isha**

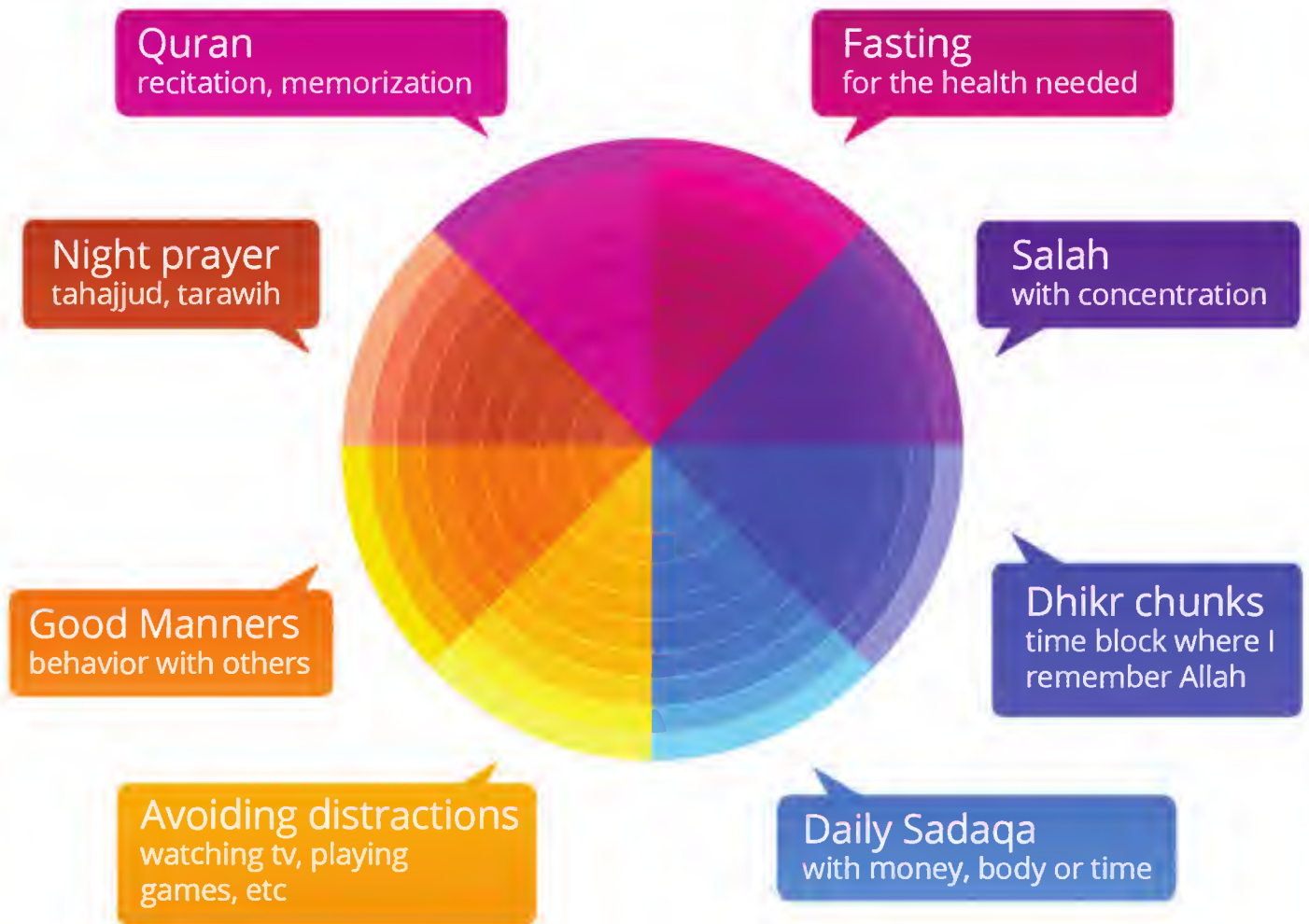
	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

# Heart Wheel

Snapshot Day 19



How do you take a good thing and make it better? Answer: by being thankful to Allah for it. Thankfulness is the secret to happiness on earth and in the hereafter. If you want to enjoy it all, be thankful. The more you thank Allah(swt) the more he will give you. Thankfulness isn't only an action of the tongue. Thankfulness to Allah is not just by saying thanks with our mouth, but also acting in a way that is pleasing to Allah. On the other hand an ungrateful person, can have everything but they will still be unhappy because they are ungrateful for the blessings they have.

## Reflection Time

Take time today to think of the things in your life you are greatfull for and what actions can you do using them to thank Allah?

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**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices




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## Follow those who were truly successful

### Prophet Ayub Alahisalaam

Prophet Ayub alahisalaam, was a rich man. However one by one he lost everything. First he lost all his wealth, then all his children died, and then he even got very sick. But no matter what hardship he went through he remained patient and grateful to Allah(swt) for what he had. He never complained to Allah(swt) and showed ingratitude saying "Why me?!" "Why are all the bad things happening to me?!" Instead he always said "It came from Allah and it returned to Allah"

### After:

As a reward for his patience and gratitude Allah(swt) gave him many times more than what he had before. He was given more wealth, children and honor then he had before. Allah(swt) honored him by making his story a part of the greatest book ever, making him an example for the muslim ummah.





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## What did I learn new today?

**BONUS****DHUHA**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

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Amount of sunnah before		
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	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

# Heart Food~ Remember Allah

## Day 21

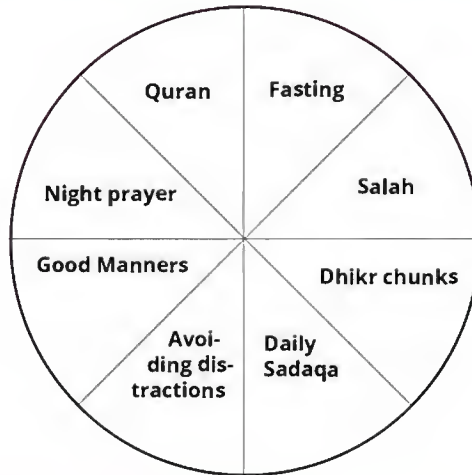
Would you like Allah to remember you? All you have to do is remember Allah and he will remember you! ☑ Everyday angels come down on earth looking for people who are remembering Allah(swt). When they find these people, they come and sit with them. Surrounding them so much, they fill up the space till the sky. Even the angles in heaven listen to the voices of people remembering Allah(swt). When they hear the voice of someone who often remembers Allah(swt), they recognize that person! Imagine 1000's of angels knowing you, telling each about you, as they hear you remember Allah(swt) all the time. Now that's a famous person!

## Reflection Time

## What are the different ways of remembering Allah (swt)?



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



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## Follow those who were truly successful

## Sa'd ibn Mu'aadh Before

He was from the nobles of Madinah. A chief, a leader. If he requested something, the Madinan community followed. If he dislike something else, everyone kept away from it. Many leaders with so much power become very arrogant and selfish, but not him

## After: Our leader

When Mus'ab, radi Allahu 'anhu, came to Madinah to call people to Islam, Sa'd stood in his way. Although after listening to the blessed teachings of Islam from Mus'ab (r.a.a), Sa'd himself became Muslim. Unlike the arrogant chiefs of Mecca, Sa'd submitted to Allah(swt). Following Sa'd most of the others in Madinah also became muslims.





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# Do this next day

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Tawbah, quick and often. What is one thing that you are going to improve even more for tomorrow, in sha Allah.	
What I am, in sha Allah, going to do even better tomorrow...	
1.	
2.	

## What did I learn new today?

**BONUS****DHUHA**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

**Fajr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Dhuhr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Asr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Maghrib**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Isha**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

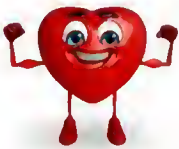
Allah(swt) owns everything, he even owns you! How can we ever give Allah(swt) something? We can't! Yet Allah(swt) has calls charity a loan we give to him. SubhanAllah, Isn't that absolutely wonderful. How merciful is Allah(swt). When we give charity, we are just giving money to the needy from the money Allah(swt) gives us. Still he calls it a loan to him! He owns everything, still he calls the money we give in charity a loan to him. A loan that he is going to repay you back with many many times more! Ramadan is a great time to give charity and encourage others to do so as well!

Reflection Time

What are the Ask 3 adults in your family, about their experience with charity. Was there a time they gave something and Allah multiplied it for them?



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices

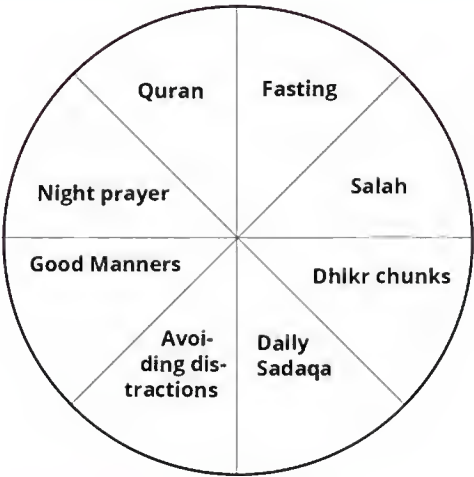


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Follow those who were truly successful

AbdurRahman ibn 'Owf Before	AbdurRahman ibn 'Owf After
He was promised Jannah during his life. He became Muslim on 2 days after Abu Bakr, radi Allahu 'anhum. It was the Prophet, sal Allahu alayhi wa sallam, who changed his name to Abdur Rahman. He was tortured physically in Makkah and, because of that. He was amongst the companions who fled to Abyssinia to worship Allah in peace.	He returned in time to migrate with the Prophet(p.b.u.h), to Madinah. In Medina his Ansari brothers offered him half his wealth, but he instead chose to earn on his own. He started a business which was very successful. In the battle of Tabuk, he gave everything he owned as charity. After the Prophets death, sal Allahu alayhi wa sallam, he supported the wives of the Prophet financially. Once he brought huge caravan of seven hundred camels with plenty of things so much that they crowded entire streets. People came out excited to see it. Abdul-Rahman gave all of it in charity to the people of Madinah





# Do at night before the day starts

3 things that I'm going to do tomorrow, in sha Allah, to come closer to Allah	
Plan for Tomorrow	Actual (Complete next day)
1.	
2.	
3.	
4.	

Sadaqah increases goodness! List 2 you are going to do today to support someone else heart	
Plan to support	Actual (Complete next day)
1.	
2.	

# Do this next day

Focusing on what I did right. Here, list 2 things you did right today.	
What I did right	
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2.	

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## What did I learn new today?


**BONUS****DHUHA**

	Plan	Actual
How may rakas will you donate to your heart?		
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What time will you get ready for this salah?		
Amount of sunnah before		
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	Plan	Actual
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	Plan	Actual
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Amount of sunnah before		
Extra something to increase concentration		

**Maghrib**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
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**Isha**

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Amount of sunnah before		
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**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

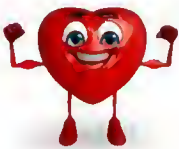
Many times in the Quran Allah(swt) reminds us that we must encourage each other to do good. In Islam it is not enough to just do good yourself and that's it. We must also encourage others to do so. Others include people in our family, our friends, and even our community. Most people do good but shy away from encouraging others to do good. But the leaders, race ahead, do good and encourage others do to the same.

Reflection Time

Encouraging others to do good doesn't mean you take a loud speaker and start yelling out loud :). There are many ways we can encourage others to do good. It could be by telling them, and it can also be coming up with opportunities to help them do good. Can you think of some ways to encourage others to good?



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



Follow those who were truly successful

Maryam Before	After: As Siddeeqah
Her mother was praying for a boy. When she gave birth to a girl. She placed her trust in Allah and prayed that Allah would protect her daughter Maryam and her child from the Shaytaan. She grew up as a shining light of modesty and worship of Allah. And it was her that Allah chose give birth to his Mes-senger: Eesa, alayhis salam.	Allah sent an angel to her to give her the good news of a son who was going to have no father. This was the will of Allah. Her son Eesa, alayhis salam, spoke in the crib as a baby, declaring his mission as a Messenger of Allah. Although many women lived at her time, it was Maryam that became one of the most God-fearing women to walk this earth. May the peace of Allah be upon her and her son.





# Do at night before the day starts

3 things that I'm going to do tomorrow, in sha Allah, to come closer to Allah	
Plan for Tomorrow	Actual (Complete next day)
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2.	
3.	
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Sadaqah increases goodness! List 2 you are going to do today to support someone else heart	
Plan to support	Actual (Complete next day)
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2.	

# Do this next day

Focusing on what I did right. Here, list 2 things you did right today.	
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What I am, in sha Allah, going to do even better tomorrow...	
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## What did I learn new today?

**BONUS****DHUHA**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

**Fajr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Dhuhr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Asr**

	Plan	Actual
What time will you get ready for this salah?		
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	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
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**Isha**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

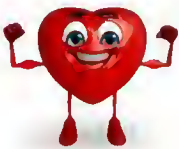
Lets focus on others today. How is their health? How has there day been? Do they need some-thing? Are they happy or sad? The Prophet Muhammad(saws) would observe people around him very carefully. Many times he would know if they needed something, or were sad about something, even before they said anything to him. Being concerned for others, taking care of others is a major part of us being a good Muslim

Reflection Time

Observe people around you today and right your reflections



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



Follow those who were truly successful

Adiyy ibn Haatim Before	After: Adiyy ibn Haatim
He was Christian and in his own words no one hated Allah’s Messenger, sal Allahu alayhi wa sallam, more then him. It is Allah who guides the hearts. He was an Arab chief, son of the famous Haatim At-Taa’i. His sister was captured in a battle and then later freed by Allah’s Messenger, sal Allahu alayhi wa sallam. She met up with her brother and insisted that he join the Muslims.	He set out to meet with Allah’s Messenger, sal Allahu alayhi wa sallam. In Medina, he saw the weak of society speaking to the Prophet(saws) and he witnessed the simplicity of his life, sal Allahu alayhi wa sallam. He knew this was no king. The Prophet promised him that a time would come when the treasures of Persia would belong to the Muslims. Adiyy became Muslim, and he lived to see the conquest of Persia years later





# Do at night before the day starts

3 things that I'm going to do tomorrow, in sha Allah, to come closer to Allah	
Plan for Tomorrow	Actual (Complete next day)
1.	
2.	
3.	
4.	

Sadaqah increases goodness! List 2 you are going to do today to support someone else heart	
Plan to support	Actual (Complete next day)
1.	
2.	

# Do this next day

Focusing on what I did right. Here, list 2 things you did right today.	
What I did right	
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## What did I learn new today?

**BONUS****DHUHA**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

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	Plan	Actual
What time will you get ready for this salah?		
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	Plan	Actual
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What time will you get ready for this salah?		
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	Plan	Actual
What time will you get ready for this salah?		
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	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

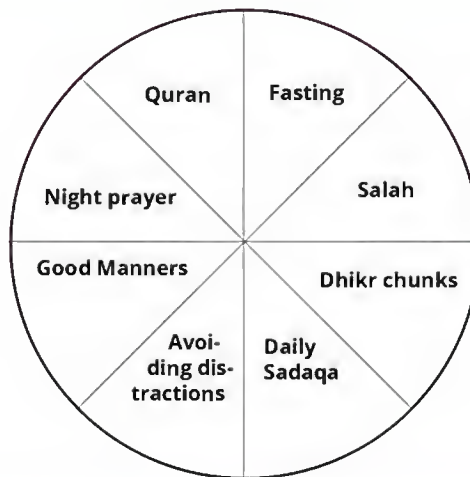
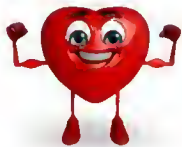
The Prophet Muhammad(saws) told us, that when a muslim love his brother he should tell him. Have you told your brothers and sisters that you love them? What about your friends? Make sure you follow the advice of the prophet Muhamamd(saws) and tell them! Especially your siblings. Many times our siblings hear so many mean things from us, but how often do they hear good things about themselves from you? Would you love it if they showed you kindness like this and told you I love you? Then why not you be the first one and show them this kindness.

## Reflection Time

Think of 2 very nice or kind things each of your siblings have done for you in past.

I ♥ you

**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



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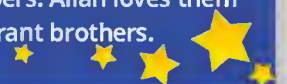
## Follow those who were truly successful

### People of Medina

The people of Medina were divided into different tribes and fighting each other all the time. Many of their leaders had been killed in these fights. Life was very difficult because of the constant fighting with each other. They came to Mecca, were looking for someone to help them resolve their differences. They found someone even better, they found the Prophet of Allah(swt)! They pledged to support the Prophet Muhammad(saws) and protect him with everything. They welcomed him to Medina as their leader. All they asked for in return was Heaven!

### After: Ansar, The helpers

Most of the muslims of Mecca, had to leave their homes secretly, leaving everything they owned behind. Even if they had been amongst the wealthiest in Mecca, when they reached Medina, they owned nothing and were now poor. The people of Medina however welcomed them with open arms. They came to the Prophet Muhammad(saws) offering to give away not some, but all of their wealth! The Prophet however refused that, instead he paired each of them with a migrant, made them brothers. Even though they had just met them, they loved their migrant brothers even more than themselves. They would be rushing to give and do anything they can to help the migrants. Even if they were poor, didn't even have enough for themselves, they would try to give whatever they had to help the migrants. They were named the Ansar, the helpers. Allah loves them for the love and kindness they showed to their migrant brothers.





# Do at night before the day starts

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Sadaqah increases goodness! List 2 you are going to do today to support someone else heart	
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## What did I learn new today?

**BONUS****DHUHA**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

**Fajr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

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	Plan	Actual
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**Isha**

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Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

Celebrate

**WOW! You are already at Day 26! Great work!**





Allah(swt) is just and fair to all of us. Some people have less and some have more, Do you think Allah(swt) randomly decided who gets a lot and who is poor? No ofcourse not! In both is a test for us all. Its not random, For some reason Allah decided you are going to get what you have. More-over there is a test in it for us. For those who don't have anything, there test is in patience and perseverance. What about those who have loads of stuff? What about you? What is your test? Infact all these things Allah(swt) has given you are all part of your test. What are you going to do with these things? Are you just going to enjoy them and say Alhamdulillah with your tongue and that's it? Or are you going to use them to help those who don't have anything?

### Reflection Time

Write down 3 things Allah(swt) has blessed you with. Then discuss how you can use it to help others.

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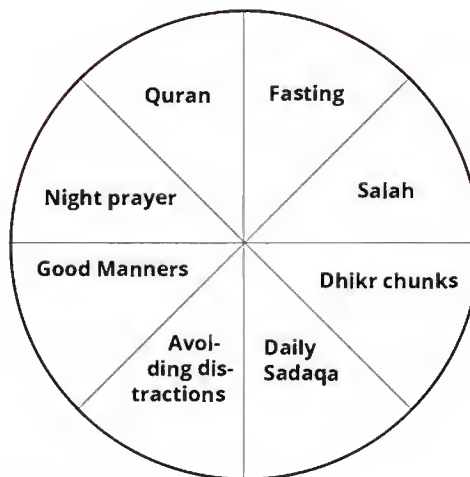
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**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices




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### Follow those who were truly successful

#### An-Najaashee Before

He was the king of Abyssinia. As a Christian, he and his bishops considered Eesa ibn Maryam to be the son of God. Subhanah. He was a powerful king. Many kings were blinded by their power and became arrogant. For e.g the king of Persia who rejected the message of Islam. But An-Najaashee was sincere in his belief in Allah.

#### After: Ar Rajol As Saalih - The righteous man

When the Muslims migrated to Abyssinia, a delegation from Mak- kah was sent out to hunt them and bring them back. They stood before An-Najaashee and pleaded their case. Upon hearing what they had to say about Easa ibn Maryam, An-Najaashee began to weep. He gave protection to all the Muslims. When he died, Angel Ji- breel brought the news to Allah's Messenger, sal Allahu alayhi wa sallam, and the Sahabah prayed Janazah over his absent body.



# Do at night before the day starts

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	Plan	Actual
How may rakas will you donate to your heart?		
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**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		



The Prophet Muhammad(saws) told us that any muslim owes another muslim 5 things. One of those things is to say Salaams to them when you meet them. Salaam is the greeting of Islam. As Salaam is one of the names of Allah(swt), which means The Peace. When we muslims meet each other we don't just say a jibish word like "Hi" "Hello" but instead we make dua for each other with one of the names of Allah (swt). Every time you say Salaam to another muslim there are 10 good deeds for you! Don't miss out on it!

Reflection Time

There are lot of benefits of saying Salaams. Can you think of some others?



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



Follow those who were truly successful

Abu Ayyub AlAnsaari Before	After: Abu Ayyub AlAnsari
He was blessed with a privilege that many of the Ansar wished they had. When the Prophet, sal Allahu alayhi wa sallam, came to Madi-nah, he left his camel to stop wherever it wished and there he would stay until his own residence was built. The camel stopped at the home of Abu Ayyub AlAnsari.	Even at the age of 80 years old, Abu Ayyub participated in the conquests at the time of the Khulafaa'. In the battle against Con- stantinople, Abu Ayyub was critically hit. He told the others, "I urge you to penetrate deeply into the territory of the enemy as far as you can go, carry me with you and bury me under your feet at the walls of Constantinople." And then he was martyred.

# Do at night before the day starts

3 things that I'm going to do tomorrow, in sha Allah, to come closer to Allah	
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Focusing on what I did right. Here, list 2 things you did right today.	
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	Plan	Actual
How may rakas will you donate to your heart?		
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What time will you get ready for this salah?		
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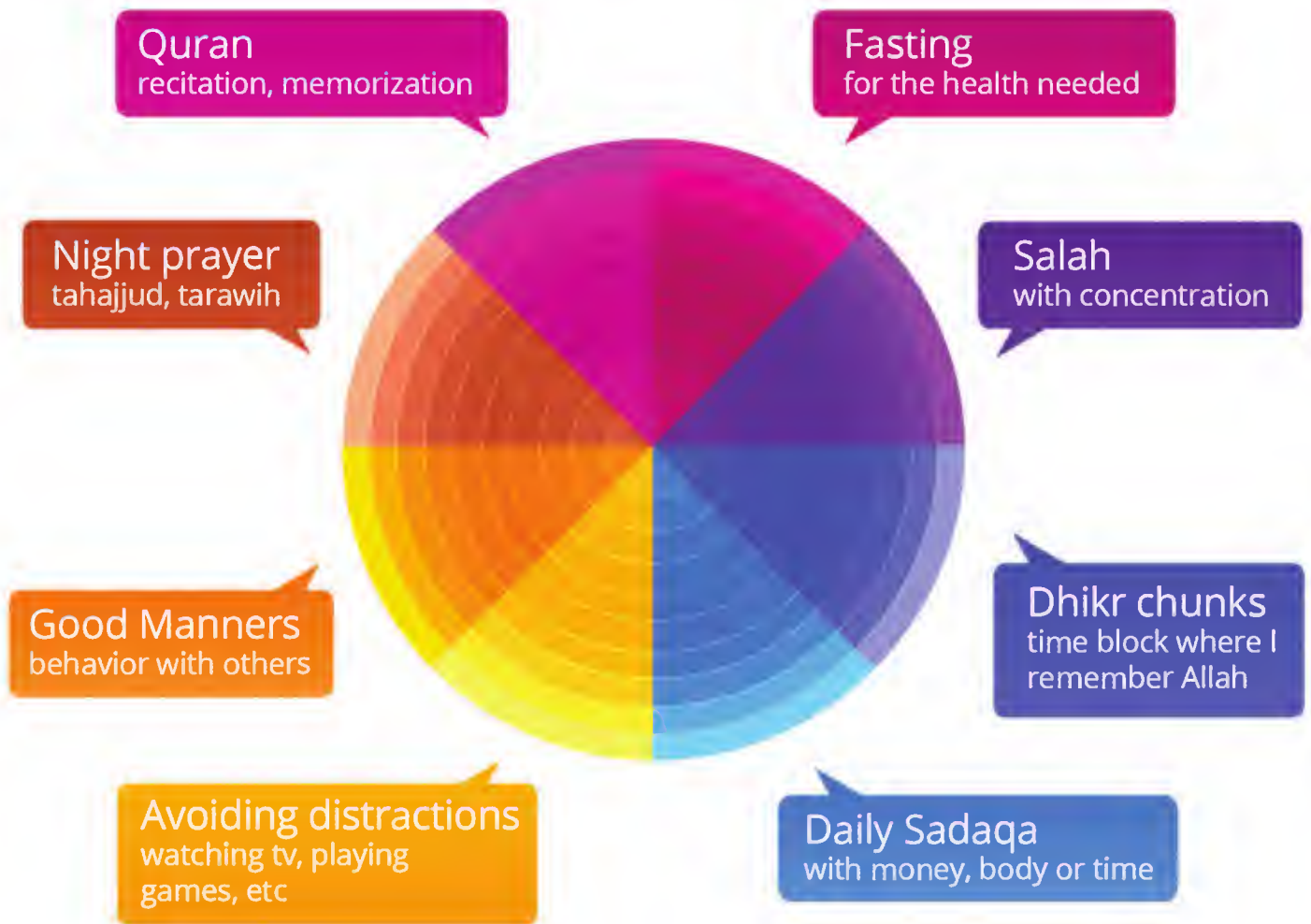
**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		



# Heart Wheel

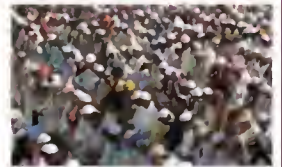
Snapshot Day 27



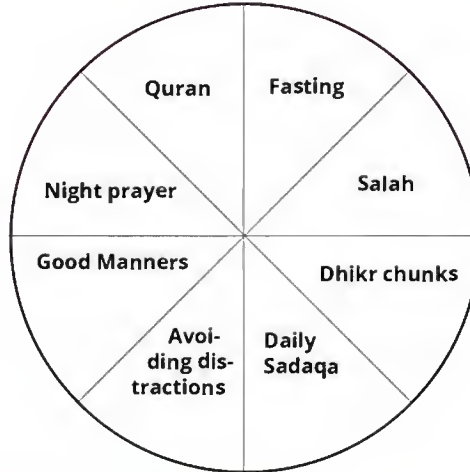
Every day in our Salah we say "Iyyaka nabudu wa iyyaka nastaen" which means "You alone we worship, you alone we ask for help". Then we ask Allah "Guide us to the straight path" Did you notice, its "We" not "I". And we say guide us, not just guide me. Who is the "We". The entire muslim ummah! Millions of muslims every day, 5 times a day, stand up and make dua for each other. Isn't that amazing! Hmm but what if you are just saying it with your mouth and thinking of something else in your head? Our Ummah would be so much stronger if each of us make this dua everyday with our heart for all of us!

### Reflection Time

Can you think of some other things in Islam, which help in uniting us muslims?



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices




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### Follow those who were truly successful

#### Salman AlFaarisi Before

Born to a fire-worshipping family, he ran away to join the Christians in Ash Shaam. From Christian mentor to Christian mentor, he served and learned. Finally, the last of his mentors told him of a Prophet to soon come. Salman set out to find this Prophet, but on his way he was sold into slavery. He eventually was sold to someone in Medina.

#### After: Salman AlFaarisi

When the Messenger of Allah, sal Allahu alayhi wa sallam, migrated to Madinah, Salman was ready. After seeing the truthfulness of the Prophet, he became Muslim. The Muslims assisted the Prophet(saws) in freeing Salman from slavery. When others would show off their lineage, he would say, "Islam is my father! I have no other father!" Known for his knowledge and wisdom, some say it resembled that of Luqman



# Do at night before the day starts

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**BONUS****DHUHA**

	Plan	Actual
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	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

Just when you thought it was over, it's just begun. Worship of Allah does not end after 30 days. The Lord of Ramadan is the Lord of all months. Worship of Allah only ends at our death.

Don't slow down now! Keep up the work you have been doing and InshaAllah next Ramadan you will reach with an even stronger heart and loads of good deeds in your record.

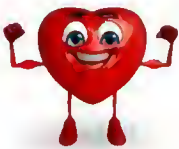
May Allah accept your good deeds this month! You did it! Celebrate! This is what life is all about!

Reflection Time

Reflect back on the last 30 days. How did you feel? What did you learn?



**Heart workout** Color 2 slices to work for today. Then write 2 ways you can come closer to scoring a 10 on these 2 slices



Follow those who were truly successful

Amr ibn Al'Aas Before

As a chief of Makkah, he stood against anything that the Messenger of Allah, sal Allahu alayhi wa sallam, called to. When the Muslims fled to Abyssinia, fleeing because of the punishment Quraish inflicted upon them, Amr ibn Al'Aas set out with a delegation to Abysinnia to bring them back.

After: Amr ibn Al'Aast

Allah guides whomever he wishes. Amr ibn Al'Aas accepted Islam and became one of the guiding leaders under the guidance of the Khalifas. He was sent to North Africa, with small armies, Amr ibn Al'Aas conquered country after country. If you are from North Africa, then this is one of the key men you must thank Allah for. Only Allah knows who will be guided. Once he amongst the leaders who were against Islam and later he from the best of companions of the Prophet Muhammad(saws)



# Do at night before the day starts

3 things that I'm going to do tomorrow, in sha Allah, to come closer to Allah	
Plan for Tomorrow	Actual (Complete next day)
1.	
2.	
3.	
4.	

Sadaqah increases goodness! List 2 you are going to do today to support someone else heart	
Plan to support	Actual (Complete next day)
1.	
2.	

# Do this next day

Focusing on what I did right. Here, list 2 things you did right today.	
What I did right	
1.	
2.	

Tawbah, quick and often. What is one thing that you are going to improve even more for tomorrow, in sha Allah.	
What I am, in sha Allah, going to do even better tomorrow...	
1.	
2.	

## What did I learn new today?



**BONUS****DHUHA**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

**Fajr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Dhuhr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Asr**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Maghrib**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**Isha**

	Plan	Actual
What time will you get ready for this salah?		
Amount of sunnah before		
Extra something to increase concentration		

**BONUS****TARAWIH**

	Plan	Actual
How may rakas will you donate to your heart?		
What time?		

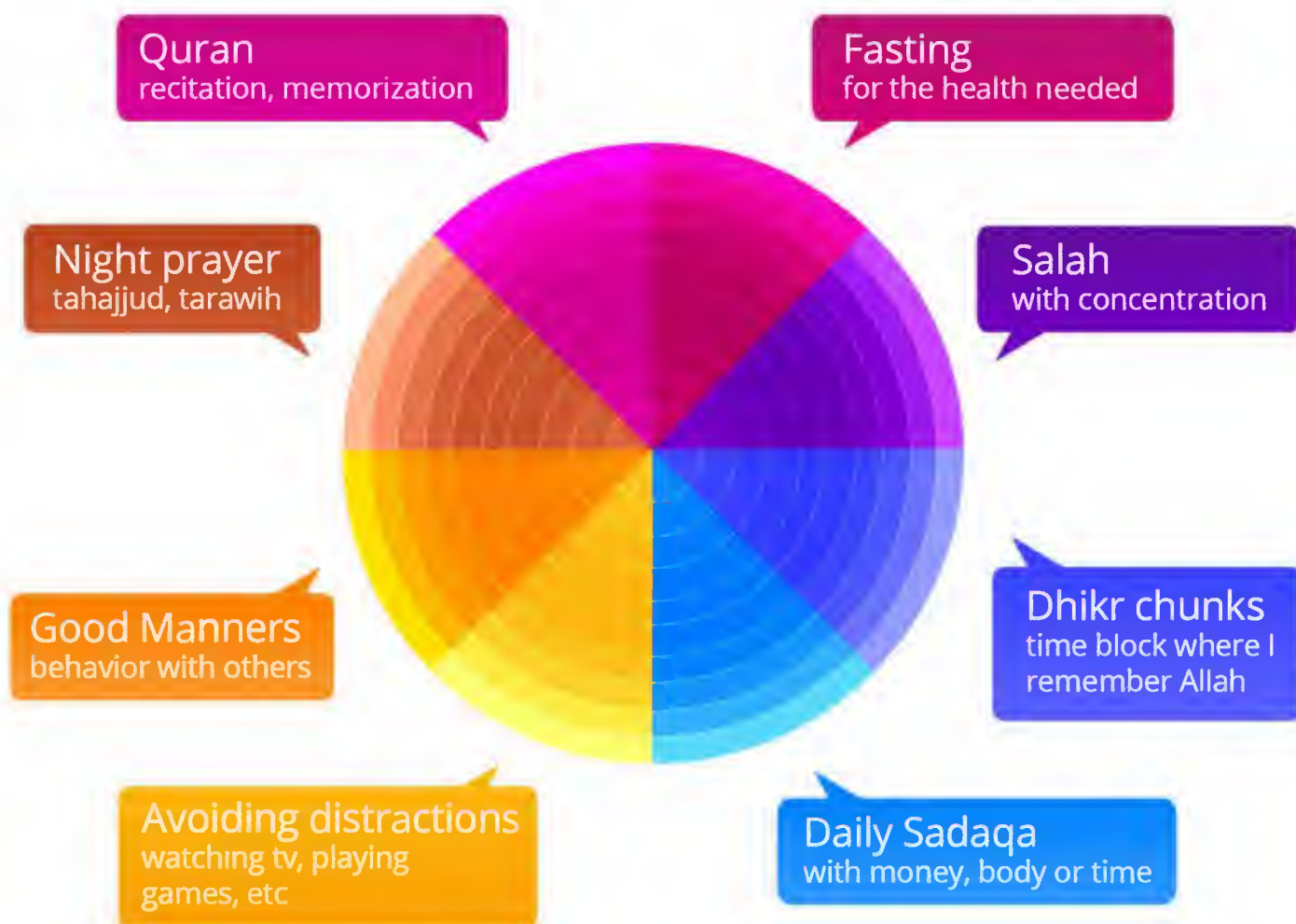
**YOU DID IT**



# Heart Wheel

Snapshot AFTER!!

Well Done! YOU DID IT!!





Make a gift for your mom	I will give some money in charity today	Recite x pages of Quran	I will read some pages of an Islamic book today	I will plant a seed today	I will not play any games today	I will clean up for everyone after dinner today	I will fast today
Help your mom with iftar	I will smile and say salam to everyone I meet today	Memorise 3 new ayahs	I will do dhikr after Salah today	I will visit a sick person today	I will not watch any tv today	I will give adhan in my house today	I will tell my brother/sister something nice about them today
I will give my mom a nice massage	I will give something I love to my best friend	I will try to understand 1 surah today	I will pray extra nafl today after duhr	I will call my aunt/uncle today	I will not play video games more than 15 mins	I will wake everyone of suhur today	I will thank my mom for everything she does for me
I will give my parents a hug	I will give something I love to my sibling	I will clean my room today	I will pray extra nafl today after maghrib	I will call my cousins today	I sit and talk about Allah with my sibling/friend for 20 mins today	I will not say any mean words to anyone today	I will thank my dad for everything she does for me
I will give my father a nice gift	I will give some time to my sibling today and teach them something I know	I will give a gift to my neighbor today	I will serve iftar to everyone today	I will make dua for the ummah today	I will learn a new hadith today	I will say Alhamdulillah for atleast 50 things today	I will give water to people at tarawih
I will give my sibling a nice gift	I will help my sibling with something today	I will help my neighbor with something today	I will call or visit my grand parents	I will give/send a gift to my grandparents	I will memorise a new dua today	I will say SubhanAllah for atleast 20 things I see today	I will give give flowers/sweet to people at masjid

## Advanced activity ideas

- Try to keep track of how many times you made good intentions when you said Bismillah
- Use atleast 2 of the blessed times during the day to do extra worship or a good deed
- Take pictures of the blessings of Allah in your home today
- Look around your room, count the number of things you have. How many of these do you actually NEED, how many are just there for your comfort and enjoyment?
- Make effort towards something you find difficult to do, remember you reward his higher InshaAllah
- Do an action, while you are reminding yourself that Allah(swt) is watching you
- Is there anyone you need to apologies to? Say sorry to them and do something nice for them today
- Make a poster about the best and most motivational reminders about Salah
- Give from something you love to someone else today
- Try to keep your tongue sweet today, say something sweet to everyone you meet today
- Be the first to pray today or be the first at jamah today.
- Plan and execute a surprise for your mom
- Plan a fundraising activity, involve your friends, lead them!
- Give a thank you card to everyone in your family today
- Take sweets for people at the masjid
- Share what you have learned with your friend today

[illegible]



[illegible]

The image shows a white sheet of paper with horizontal ruling lines, intended for taking notes. The word "Notes" is printed at the top left in a bold purple font. The paper is decorated with several overlapping circles in yellow, orange, pink, and blue. A light pink ribbon-like shape is also visible near the top right corner. The background consists of soft, out-of-focus grey shapes.

[illegible]



[illegible]

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